

## ABSTRACT OF THE DISCLOSURE

An optical data recording medium includes a light transmittable plastic substrate, and a recording layer formed on the plastic substrate and containing a hydrogenated amorphous material that is selected from a group consisting of hydrogenated amorphous carbon, hydrogenated amorphous silicon carbide, hydrogenated amorphous boron carbide, hydrogenated amorphous boron nitride, hydrogenated amorphous silicon, and hydrogenated amorphous germanium.

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